

BUFFET GUIDELINES



How to make the best choices when food is provided as buffet style

Breakfast guidelines:

Suitable choices:

1. Choose Cereals / bread / rolls / toast / pancakes / low fat yoghurts / juices & fruits as the basis of your meal.
2. Add Jam/ Marmalade / Honey to bread / rolls / toast / pancakes. If using a spread on your bread make sure to choose low low or it's equivalent. If butter is the only spread provided then best to avoid it.
3. If you would like to have a hot breakfast, then choose scrambled egg, omelette, boiled egg with bacon and grilled tomatoes / grilled mushrooms / baked beans.
4. It may be possible to save a low fat yoghurt / bread roll and piece of fruit so that you have some suitable Carbohydrate snacks for later in the morning.

Avoid:

1. Please avoid sausages / hash browns / fried eggs as they are all too high in fat.
2. Avoid full fat spread / butter

Lunch Guidelines:

Suitable choices:

1. Some Hotels if asked in advance will provide a packed lunch for the swimmers to bring with them to the pool.
2. Sandwiches or rolls filled with lean Ham / chicken or tuna. Soup with brown rolls / sandwiches
3. Ideally include cartons of juice such as apple & orange juice / fruit / low fat yoghurt.
4. Ask the hotel to provide a bag of fruit or it may be more economical for a swim chaperone to purchase this & the snacks daily.

Avoid

1. There should be no mayonnaise / coleslaw / potato salad in the lunch.

Dinner Guidelines:

Suitable choices:

1. It is easy to over eat and to eat the wrong foods at a buffet dinner. Don't choose a bit of everything as if you are in the same hotel for several nights you can become very bored. Look at the menu as you enter the dining room or do a lap of the tables first before deciding.
2. Make a decision to either have a chicken night / meat night or fish night and vary it throughout the week.
3. Have lots of vegetables, they should cover 1/3 rd of the plate.
4. Choose rice / pasta / noodles or potato to fill the next 1/3 rd of the plate. Remember to go for rice that is not fried rice.

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5. If choosing pasta make sure it has a tomato based sauce, no creamy sauces.
6. If choosing potato go for boiled or mashed
7. Drink milk / water or juice with your meal.
8. **Desserts:** can include fruit salad / sponge cakes with jam / low fat yoghurts/ apple crumbles (without cream) /banana cake/ lemon meringue pie (no cream). Don't hang around the dining hall when you're finished as you will end up getting seconds & thirds of foods you don't need.

Avoid:

1. Avoid vegetables covered in butter / creamy sauces or that have been fried.
2. Avoid fried rice, sauté / roast potatoes and chips as they are all too high in fat for swimmers at your level.
3. Desserts: avoid rich chocolate cakes or pastry desserts or deserts containing cream.

Possible Snack List:

Mini Box Raisins

Fresh Fruit

Tinned Fruit

Scones & Jam

Fruit Juices

Smoothies low fat

Yop Yoghurts

Low Fat yoghurts

Popcorn

Pancakes

Plain Muffin

Sports Bar

Jaffa cake / Fig roll Biscuits

Sports Drinks

Carton of Juice

Rice cakes with Jam

Cup vegetable soup

Pretzels

Bottled still water / isotonic drinks + cereal bars (e.g. fig roll bars) should always be present at the pool deck.

Remember vary your snacks and it is your own responsibility to always bring snacks & fluids in your kit bag.